



Spinach Lasagna

Serving Information

Makes approximately 8 servings (1 serving = ½ cup)

Ingredients

- 2 tsp. olive or canola oil and 2 cloves garlic, minced
- 1(8-oz.) can tomato sauce (no sodium added)
- 1 (15-1/2 oz.) can diced tomatoes (no sodium added)
- ¼ tsp. pepper
- ½ tsp. oregano
- 2 tsp. olive or canola oil
- ¼ c. chopped onions
- 1 (10-oz.) pkg. fresh spinach, washed, stemmed and chopped (or one 10-oz. pkg. frozen chopped spinach, thawed and drained)
- 8 oz. uncooked lasagna noodles (whole wheat, if possible)
- 12 oz. 1% fat cottage cheese (or 12 oz. reduced-fat ricotta)
- 8 oz. shredded part-skim mozzarella cheese
- ¼ c. grated Parmesan cheese Cooking spray

Equipment

- | | |
|----------------------|-----------------|
| 9" x 13" baking dish | Saucepan |
| Skillet | Stirring spoons |
| Measuring spoons | Can opener |
| Sharp knife | Rubber scraper |
| Measuring cups | |

Directions

1. Preheat oven to 375°F. Lightly coat baking dish with cooking spray.
2. In large saucepan over low heat, sauté garlic in 2 teaspoons oil over low heat for 1 minute. Do not let garlic brown. Add tomato sauce, tomatoes, pepper, and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients.
3. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to break apart, and heat.
4. Layer *uncooked* lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese.
5. Cover baking dish tightly with foil. Bake for one hour at 375°F. or until lasagna noodles are cooked. If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.
6. Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3-4 hours, and then bake, covered, for 1½ hours or more. Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

Source: Dining with Diabetes WVUES, 2000-present

Nutrition Facts

Serving Size (232g)		Servings Per Container	
Amount Per Serving			
Calories 280	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 5g			25%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 620mg			26%
Total Carbohydrate 29g			10%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 20g			
Vitamin A 80%	•	Vitamin C 30%	
Calcium 30%	•	Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4



Classic Caesar Salad



Serving Information

Makes approximately 8 servings
(1 serving = 1 c.)

Ingredients

1 head Romaine lettuce, washed and torn into bite-sized pieces

Dressing

½ c. plain fat-free yogurt
¼ c. light mayonnaise
¼ c. chopped fresh parsley (or 1 Tbsp. dried parsley)
1 Tbsp. lemon juice
1 small clove garlic, minced
1 tsp. Dijon mustard
¼ tsp. salt
¼ c. light parmesan cheese
⅛ tsp. black pepper

Equipment

Large bowl
Wire whisk
Tongs or salad servers
Measuring cups and spoons

Directions

1. In a large bowl, combine all ingredients for dressing. Whisk to combine thoroughly.
2. Add lettuce and toss gently to mix. Serve immediately.

Source: Dining with Diabetes—West Virginia University Extension Service, 2003

Nutrition Facts

Serving Size 1 cup (79g)
Servings Per Container 8

Amount Per Serving

Calories 60 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 3g

Vitamin A 60% • Vitamin C 25%

Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



White-Chocolate Orange Pudding



Serving Information

Serves 12

(1 serving = approximately 1/3 cup)

Ingredients

3 c. cold skim milk
2 boxes (4 servings each) sugar-free instant white chocolate pudding
4 c. light whipped topping, thawed
1½ tsp. grated orange peel

Equipment

Mixing bowl
Measuring cups and spoons
Wire whisk
Grater
Gelatin mold or serving dish

Directions

1. Pour milk into a large bowl and add pudding mix.
2. Beat with the wire whisk for 1 minute.
3. Gently fold in whipped topping and orange peel.
4. Spoon into mold or serving dish.
5. Refrigerate until ready to serve.

Nutrition Facts

Serving Size (92g)
Servings Per Container 12

Amount Per Serving

Calories 90 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 15g **5%**

 Dietary Fiber 0g **0%**

 Sugars 6g

Protein 2g

Vitamin A 2% • Vitamin C 2%

Calcium 6% • Iron 0%

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		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Diabetes Education Program WVUES 1999-2000